

168 hr. A WEEK

24 A DAY

TIME CHART.

CLASSES - 6 hr.

DRESS - 1 hr.

APPROX.

DAY	SLEEP (65)	TRAVEL (10)	MEALS (14)	STUDY (20)	REST (3½)	LEFT OVER TIME
FRIDAY	5	1	1½	5	0	4½
SATURDAY	11	¾	1½	2½	0	7¾
SUNDAY	7½	1	2	3½	0	10½
MONDAY	8½	20 min.	1½	2½	0	5 hr. 10 min.
TUESDAY	8½	2¼ hr.	1½	2½	0	3½
WEDNESDAY	7½	1 hr.	1½	1	½	6½
THURSDAY	7½	1 hr.	1½	4	0	5
TOTAL	55½	7 hr. 20 min.	11	21	½	43

Hamilton

Fatigue. Dr. Trevor Owen.

Journal of Occupational Therapy and Physiotherapy. Oct. 1938.

Fatigue is not accurately measured by the observer - as the mind is involved in the patient's reactions, and hampers his output of mental and physical energy.

Rest is the popular idea of treatment. This applies only to fatigue caused by extreme athletic feats or unusual exercise in healthy people, and when fatigue is due to a chronic toxæmia as in infections or new growth, and when due to diminished heart + lung efficiency.

There is a change in the chemical content of the blood in these cases.

Athletes must therefore "train" to avoid constant fatigue. Convalescents must also "train" slowly back to health, as his will and mental processes have been ill also from toxic substances or from conflicts + anxieties. The greatest output of energy is when the aim of the will and the impulse or desire coincide.

Monotony fatigues - therefore changes in mind - nerve - muscle co-ordination are restful.

Signs and sensations of fatigue are these:
 (1) sensations of heaviness + consciousness of limb weight + aching pains (2) awareness + dissatisfaction of movements (3) ponderousness of making efforts of Will.

Foot Infection - And Its Prevention.

Edna M. Davis + Okla E. Smith.

magazine?

Experiments in a junior high school in Long Beach, Cal. proved -

- 1) All students must wear rubber beach sandals in showers and locker rooms. Bare feet must never come in contact with the floor.
- 2) Students with infected feet not permitted to change shoes + are limited to school sponge baths until checked by school nurse for regular showers. They must also be under treatment and observation by school physician.
- 3) Sandal must be rubber, protecting inner and outer borders of feet and protecting toes.
- 4) Proper drying of body following showers must be taught + practiced under teacher supervision.
- 5) Pupils must co-operate fully and parents too, if possible.
- 6) By wearing these rubber sandals, foot baths containing foot solution in shower rooms can be eliminated.

Hamilton

✓
Colds + And How to Avoid Them.

D. E. S. Wishart.

Health

Spring Number, 1938.

Cold air does not cause colds.

Over-clothing + overheating cause lessening of the body to exposure.

Tears and watering eyes are not signs of cold, but merely methods of keeping the nose + eyes warm.

Infection can be spread by dust, so that children can play in snow, whereas in them the dust + wind blows.

Cold is spread by infection so a person with a cold should stay at home as much as possible.

Germs are spread by sneezing + coughing.

Handkerchiefs carry germs + should never be put wet into pockets to dampen + carry germs into the clothing.

Spitting spreads disease.

Supperstitions - chilliness, over-moisture, sore throat, cough, red nostrils and running nose indoors.

Treatment - bed, light diet, liquids.

Patient should not stay in bed too long as his resistance and vitality decrease.

Hamilton.

Control of Colds in Schools . E. J. Strong

Journal of Health and Physical Education
January . 1938.

Children must be made cold-conscious.
Impression made on condition of body due
to habits of sleep, eating, exercise and
protection.

Cleanliness of mouth, hands and
handkerchiefs important.

Re-education of students as to -

- 1) regulation of body heat to all changes.
- 2) "cold manners" - sneezing etc.
- 3) exclusion of infected children.

4) inspection of children daily by school
officials - more outdoor exercise.

5) advice on diet, mother's prayers,
cold remedies.

Children's colds can be controlled by
the school and by the physician.

Therefore schools should insure practical
health knowledge to combat false
statements of radio, press, advertisement.

Parents and friends may be well
advised as to school methods of
combating colds. The cold must be
treated as a menace, as the danger
lies in after-effects, and not just as

a passing winter ailment, to be
treated by home remedy or by
more still, letting it cure itself.

✓
Why the Nose Is So Important.

James Barton.

Daily Colonist.

A few years ago, when a patient found his nose stuffed up, he consulted a nose and throat specialist, who removed part of the turbinate bones, or a piece out of the septum. This was in order to give more breathing space, and prevent breathing through the mouth.

Other uses of the nose were not considered - those of smell + moistening the air going to the lungs.

The removal of turbinate bones took away the apparatus of warming and moistening the air.

One side of the nose becoming blocked up is a natural condition, not one requiring surgery.

Climate affects the nose. Heat, humidity, moisture and still air are bad conditions for the nose, whereas coolness, dryness and movement of the air are ideal as far as the nose is concerned.

Hamilton

Phoebe Hamilton.

Interesting "The Encused"

Service Bulletin Dec. 1937

After a physical check-up, physical education classes can be classified as follows.

- Rest cases - no extra activity.
- convalescing from infectious diseases, operations, thyroid & heart conditions.
- Mild gym - light activity for short times.
- people with cardiac conditions improving, hernias, thyroid enlargement.
- Modified gym - exercise moderately, having lots of rest.
- people paralyzed, menorrhagia, dysmenorrhoea, appendicitis.

Needs of Each Group.

Rest.

1. Rest out of doors in deck chairs.
2. Sleep in medical room.
3. Go home early.

Mild.

1. Walk outdoors.
2. Archery, shuffleboard, jacks, darts, croquet, ring toss.
3. Posture + corrective exercises.
4. Keep record of regular gym activities.

Modified.

1. Archery, golf, tennis, volleyball, swimming.
2. Referee or coach.
3. Posture and corrective exercises.

Method explained to children
Chart signed for desired activities
under each section.
Teacher should give encouragement
+ help to grow.

Where from?

How Regular Play Will Prevent Child From
Tiring Easily. Dr. James Barton.

Most parents feel their children should not eat between meals, even though the children are very active during the day.

Children need extra food to "play on," that is an extra supply which gives the child strength to play. The food value or energy of this food is used up by the body by the time of the regular meal. Foods containing starch or sugar are best, as these produce energy. Without energy or sugar in the blood, there is a feeling of weakness or fatigue. Milk, bread and butter, a little candy and fruit are good foods for children. The rise of sugar content of the blood, is far greater in weaker children than in rugged ones.

But it has been found that—"The child's ability to play or exercise for a longer time & to do more work with less production of lactic acid is more dependent on training (playing regularly) than on the effect of eating the sugar.

The influence of training is so marked that it overshadows the amount of good done by the sugar."

"Doctor, What Dentifrice Shall I Use"

Gordon + Dufour.

Hygeia.

Dentifrice must be examined by the Council of Dental Therapeutics.

Toothpastes containing potassium chlorate, carbolic acid, sodium perborate, mis root, large amounts of sugar are not accepted.

Abrasives should not contain silica + pumice as they destroy the cementum of the tooth.

There is no "acid mouth".

Milk of magnesia will not prevent decay. Pink tooth brush or bleeding gums do exist, but the use of certain kinds of toothpaste does not prevent this. This condition may be local injury to the gums or a symptom of some other disease.

"Film" supposed to be removed, is a protective agent or ~~is~~ decaying matter. It cannot be affected by brushing the teeth.

Teeth cannot be whitened by toothpaste. The color of teeth depends on the complexion of the face. No tooth is dead white unless decayed.

"Bad breath" cannot be improved by the use of toothpaste. The odor is either from the stomach or from some local infection of the mouth.



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